



# Aging Unit of Iron County

## September 2016



### MENU HAPPENINGS

Hurley 561-2108 Mon. to Fri.		Iron Belt 715-561-2091 Thursday		Mercer 476-2113 or 1-800-950-8744 Tues. to Thurs.		Saxon 893-2333 Tues. to Thurs		Springstead - Wed 476-2113 or 1-800-950-8744	
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.			
PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE				1 Swedish Meatballs Egg Noodles Corn Tropical Fruit Cake Bread, Milk	2 Pasty Pie Carrots Coleslaw Cookies Milk	3 Items may be changed without notice. All substituted items meet or exceed USDA standards for your RDA.			
4	5 Labor Day   Closed	6 Chef's Choice Boiled Dinner Tossed Salad Cherry Pie Bread, Milk  Card Games	7 Baked Chicken Mashed Potatoes Peas & Carrots Broccoli Slaw Apple Crisp Bread, Milk  Bingo	8 Sweet & Sour Pork Rice Stir Fry Vegetables Mandarin Oranges Blueberry Muffins Bread, Milk	9 Hungarian Mushroom Soup Tuna Salad Sandwich on Whole Wheat Bread 3 Bean Salad Donuts Milk	10			
11	12 Pork & Kraut Parsley Potatoes Green Beans Fruit Cocktail Pudding Bread, Milk	13 Equinox Party Chicken Cordon Blue Rice Pilaf California Blend Cottage Cheese Brownies Bread, Milk Card Games	14 Roast Beef Dinner Mashed Potatoes Peas Orange Juice Sherbet Bread, Milk  Bingo Games	15 Spaghetti with Meat Sauce Calflower & Broccoli Tossed Salad Jello Bread, Milk	16 Poor Mans Lobster Potato Pancakes 5 Way Blend Coleslaw Blueberry Crisp Bread, Milk	17			
18	19 Beef Tips Polenta Broccoli Cottage Cheese Pudding Bread, Milk	20 Cabbage Casserole Roasted Red Potatoes Country Blend Grape Juice Apple Crisp Bread, Milk  Card Games	21 Roast Pork Mashed Potatoes Green Beans Applesauce Cake Bread, Milk  Bingo games	22 Lemon Chicken Pasta Carrots Tossed Salad Jello Bread, Milk	23 Biscuits & Gravy Sausage Hashbrowns Fruit Salad Peach Cobbler Milk	24			
25	26 Barbeque Pork Tater Tots Stir Fry Vegetables Fruit Cocktail Pudding Bread, Milk	27 Stuffed Peppers Baked Potatoes Copper Pennies Corn Cake Bread , Milk  Card Games	28 Ring Bologna Mac & Cheese Wax Beans Tomato Juice Ice Cream Bread, Milk  Bingo Games	29 Chicken Ala King Over Noodles Cauliflower Carrot Salad Chocolate Chip Muffins Bread, Milk	30 Pizza Ceasar Salad Cinnamon Rolls Fruit Salad Milk	This menu has been approved by Anna Mooi Registered Dietician.			